



## Flying Ghosts on Brooms

 Dairy Free

READY IN



2 min.

SERVINGS



100

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4.5 oz fruit snack strips
- 8 oz ghostmallows marshmallows jet-puffed
- 16 oz pretzel sticks

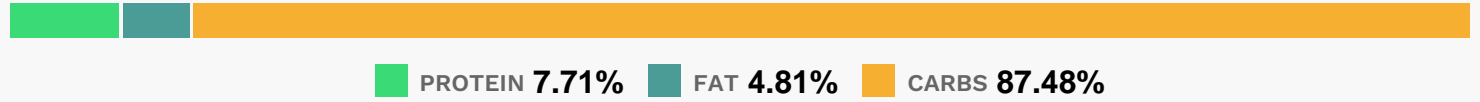
### Equipment

- kitchen scissors

### Directions

- PRESS the pretzel horizontally through the bottom of the KRAFT Jet Puffed Marshmallowghost making sure to leave a little more sticking out on one end than the other.
- CUT off a small piece of your fruit snack. Fray one end of the fruit snack using scissors.
- TWIST the fruit snack around the longer end of the pretzel in order to resemble a broom.

## Nutrition Facts



## Properties

Glycemic Index:1.43, Glycemic Load:4.01, Inflammation Score:-1, Nutrition Score:0.56739130940126%

## Nutrients (% of daily need)

Calories: 25.36kcal (1.27%), Fat: 0.14g (0.21%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 5.5g (2%), Sugar: 1.55g (1.72%), Cholesterol: 0mg (0%), Sodium: 58.12mg (2.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1%), Manganese: 0.04mg (2.14%), Folate: 8.26µg (2.06%), Vitamin B1: 0.02mg (1.29%), Vitamin B3: 0.25mg (1.23%), Iron: 0.22mg (1.21%)